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ABSTRACT

This instructor's guide provides an overview of 4-H student project modules in the textile sciences area. The guide includes short notes explaining how to use the project modules, a flowchart chart showing how the project areas are sequenced, a synopsis of the design and content of the modules, and some program planning tips. For each of the project modules the guide provides information on the skills and concepts taught and ideas for projects. Resources also are suggested. The textile science project modules cover the following topics: beginning areas (sew much fun, stitch by stitch, and sew much more); intermediate projects (knits, coordinates, accessories, sewing for other projects and people, time-saving sewing, and creating your own project); advanced (tailoring and formalwear); creative (design, closet connections, wardrobe planning, and clothes shopping); and textile arts (weaving, knitting, and crocheting). (KC)

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4-H Textile Science

Textile Science Leader's Guide

ED 379 505

Sew Much Fun

Stitch by Stitch

Sew Much More

Knits

Accessories

Coordinates

Sewing for Other Projects and People

Create Your Own Project

Time-Saving Sewing

Tailoring

Formalwear

Closet Connections

Design

Clothes Shopping

Wardrobe Planning

Weaving

Knitting

Crocheting

The 4-H Textile Science Series is composed of projects that club members can choose according to their experience and interest, rather than their age or a yearly sequence. Members may start with any of the three beginner projects. They may take the project over if they wish, move to another beginner project, or choose one of six intermediate projects. After several intermediate projects, members may select an advanced project.

Encourage your members to master most of the skills at one level before moving on to the next. They may take more than one textile science project per year, but they should complete one project before tackling the next.

Members may take the creative and textile arts projects anytime. Each textile arts project includes beginner, intermediate, and advanced goals and activities.

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Design and Content

Some of the project books are designed to help youth make garments. In other projects, youth can make useful items for the home, another 4-H project, another person, an animal, or even a car! For the Creative projects, a member can plan a wardrobe, organize a closet, shop for ready-to-wear garments, or design fabric or clothing. Members who like to experiment might find that the Time-Saving Sewing project appeals to them. If they wish to develop a project using goals of their own, enroll them in Create a Project. The Textile Science projects are not just about sewing. Youth will learn math, science, and English as well as consumer, grooming, and art skills.

The design and content of the books were based on 4-H leaders' suggestions and their review of project information. The project books are three-hole punched to fit inside a standard ring binder. They are also easy to file. The front cover lists the skills to be learned and the equipment and materials needed. The list of skills helps members know what to expect and whether they are ready to tackle something new. Some projects list two sets of skills—one set for younger members and a more challenging set for older members or those who wish to take the project a second time.

Inside the project books are the record sheet as well as information and activities to help members learn new skills. The back page gives ideas for presentations or "show and tell" topics, tips for taking projects over again, and helpful advice about exhibits and the fashion review.

Obtain current county and state guidelines and premium lists, and read them carefully before starting a project. Fashion changes, so exhibits change. Note that some projects are designed to be modeled at fashion revue and some may only be exhibited at the fair or round-up. Also remember there is no such thing as the "4-H way." Believe in doing things that give the best results and in helping members enjoy learning new skills.

Other Suggestions

The Textile Science Series encourages young people to sew and to use the information they have learned to make wise clothing decisions. The projects provide valuable foundation experiences. Try to add other opportunities through personal contacts, reading, project meetings, and tours. Give lots of encouragement and recognition.

Youth learn from a wide variety of experiences with fabrics and fibers. After several years of taking the projects, they should have used commercial patterns, preprinted cutout fabrics, magazine instructions, and kits. They also need experiences using a variety of machines, tools, and techniques.

Encourage your members to develop their skills throughout the year and to participate in judging, presentations, and community service activities. These experiences build self-esteem and leadership skills.

Judging encourages youth to think critically and to make wise decisions. Judging events are held at the state level and in some counties. But to provide further experience, why not set up situations or "classes" at your club meetings?

Involve boys and girls in planning, carrying out, and evaluating their program. Plan a long-range, yearly program as well as short-term goals from meeting to meeting. A long-range plan builds enthusiasm and gives members and leaders time to look for new learning opportunities and free resources. Youth as well as adults should discuss: When will we meet? How often will we meet? What do we want to accomplish this year? What can we do to help others? Who can we ask to help us? How much will we do before the next meeting?

When choosing an item to make, members may want to consider questions such as: How will I use it? Wear it? How well can I sew? How much time do I have? Who will help me? How much money do I have to spend? Is it something I need? How will it look?

To measure their progress, members might ask: What am I learning? What am I accomplishing? How well am I doing? How do I feel about what I am doing?

Young people do not all do work of the same quality, nor do they learn at the same speed. Be patient and helpful. Make learning as fun as you can, but don't do their work for them.

Older members or teen leaders can set up tours, create samples of construction techniques, or make card files of different fabrics, weaves, and finishes. They can help with sewing projects and record books. They can also lead discussions, help other members give presentations, and set up judging situations.

Enjoy your experience as a leader! Rewarding experiences are ahead of you. Get to know other textile science leaders and extension educators. They can help provide resources, troubleshoot problems, and support your efforts. Leader training meetings are a good way to meet other leaders and to share experiences.

The following grids show the skills acquired in each project and the types of garments, activities, or outcomes involved in each. You may want to give a copy of the grids to the youngsters in your group so that they can check off skills as they complete them.

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Sew Much Fun — **Stitch by Stitch**

Beginner

Sew Much More

	Sew Much Fun	Sew Much More	Stitch by Stitch
[illegible]	Using basic equipment › Selecting pattern and fabric › Following pattern guide sheet › Applying elastic, cord, or trim › Sewing plain seams and hems › Pressing	› Straight and curved stitching › Backstitching › Threading a machine › Enlarging a pattern › Working with velcro, bias tape, fiberfill stuffing, terrycloth	› Basic hand sewing › Sewing buttons Repairing rips and tears › Decorative stitching › Overcasting seams › Making hems
IDEAS FOR PROJECTS	● Pants, shorts, skirt, or apron with casing waistline ● Instant top, skirt, or dress with preshirred fabric or cut-out ● Shirt, blouse, costume, night clothes, or dress with casing or simple closure	● Travel or bed caddy ● Draft dodger ● Potholders or mitt ● Sewing caddy ● Pocket for beach towel ● Pillow ● Pajama bag ● Totebag ● Simple accessory ● Wall hanging	● Sampler with variety of handstitches and/or patches ● Children's activity book with variety of handstitches and fasteners ● Decorative stitches on purchased, sewn, or knitted garment ● Other handstitched accessory or garment

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Intermediate

	Knits	Coordinates	Accessories
SKILLS, CONCEPTS TAUGHT	• Sewing with knit fabrics • Selecting and laying out knit fabric • Making knit seams and seam finishes • Making hems • Applying ribbing • Topstitching	• Clipping and grading seams • Gathering • Making simple alterations • Understitching, staystitching, and topstitching • Facings • Pressing • Design details	• Working with new fabrics • Advanced hand and machine skills • Updating and extending wardrobe using accessories
IDEAS FOR PROJECTS	• T-shirt or top with slacks, skirt, or shorts • Beach coverup • Jogging suit • Sweatshirt or jacket • Playsuit • Other simple knit garment • Advanced: Garment of both knit and woven construction	• Simple top, vest, or poncho *and* skirt with waistband or facing, or slacks with waistband or facing. (Member may use elastic waistband or facing.) • May also make simple dress with facing.	• At least three different types of accessories: Caps, hats or hoods, bags, pouches, totes, portfolios, scarves, dickies, ties, ascots, collars, hair accessories, sleep masks, fabric jewelry, fabric buttons, gloves, belts, cummerbunds, suspenders, jackets, vests, pullovers, camisoles, shawls or wraps, leggings, detachable accessory such as a collar or overskirt

Intermediate

Sewing for Other Projects and People

Create Your Own Project

Time-Saving Sewing

	Time-Saving Sewing	Sewing for Other Projects and People	Create Your Own Project
SKILLS, CONCEPTS TAUGHT	*At least two of the following:* • Plan and organize sewing area • Use sewing attachments • Use and evaluate six sewing, pressing, or cutting aids • Make two pressing aids • Adjust, thread, and stitch on an overlock machine • Choose a time-saving pattern or one featuring a unique technique • Practice using at least five different pressing aids • Compare fusible and sew-in interfacings • Devise own sewing hint and submit to magazine • Teach a time-saving technique • Create game or teaching aid on sewing, pressing, modeling, etc.	• Project and community service activities involving clothing or fabrics	• Project determined by member • Advanced goal setting
IDEAS FOR PROJECTS	• Garment or home improvement project using two time-saving techniques	• Horse item • Child care item • Home environment item • Club banners, altar cloths, or demonstration models	• Self-determined garment, display, or poster • Project book

Tailoring

Advanced

Formalwear

	Tailoring	Formalwear
SKILLS, CONCEPTS TAUGHT	• Rolled collar and lapel • Bound buttonholes • Welt pockets • Shaping areas of garment using steam • Setting in sleeves with shaped cap and shoulder pads • Interfaced hems • Vents • Interfacing applications	• Working with specialty fabric and more intricate designs
IDEAS FOR PROJECTS	• Tailored jacket, sports coat, ensemble, or coat	• Formalwear garment

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Closet Connections

Design

Clothes Shopping

Wardrobe Planning

Design	Closet Connections	Wardrobe Planning	Shopping
Design elements and principles Trims, folds, tucks, darts Dye fabrics Painting, applique, embroidery, quilting, or other handwork Modifying pattern to create new garment or improve fit Updating or recycling garment	Organizing storage area Decision making	Fashion trends Activity scan	Ordering from catalog Purchasing services from alterations shop Purchasing garment made for you Putting garment in layaway Dry cleaning Updating garments Writing complaint or complimentary letter to company Types of stores Adjusting garment to increase wear Helping someone make shopping purchase Finding out how consignment store operates Preparing and pricing clothing for rummage sale
• Design garment or item	• Closet or storage aid • Display of improvements made	• Wardrobe inventory	• Create outfit involving at least two shopping purchases • Expand wardrobe by making two purchases

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Weaving

Knitty Gritty

Crocheting

	Weaving	Crocheting	Knitty Gritty
SKILLS	How fabrics are made What grain of fabric is How to weave Weaving tools Making and using loom	Selecting yarns and crochet hooks Reading abbreviations Checking gauge Making chain Making slip stitch Single crochet Double crochet Intermediate and advanced skills	Casting on and binding off Garter stitch Stockinette stitch Ribbing Increasing and decreasing stitches Checking gauge Colorful stripes Pompom, tassels, and fringe Folding and storing sweaters Cleanliness Intermediate and advanced skills
IDEAS FOR PROJECTS	• Make something on some type of loom • Weave piece of cloth	• Two articles or one major project	• Two articles or one major project

Note: The Crocheting and Knitty Gritty projects each combine beginner, intermediate, and advanced levels in one project book.

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Meeting planner

A meeting plan lets everyone know what is happening. It also allows your group to make the most of the project year.

	DATE AND LOCATION	PROGRAM	SUPPLIES AND CONTACTS TO BE MADE	COMMITTEE MEMBER ASSIGNMENTS	BETWEEN-MEETING ACTIVITIES
Meeting 1					
Meeting 2					
Meeting 3					
Meeting 4					
Meeting 5					
Meeting 6					
Meeting 7					
Meeting 8					

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Resources

State guidelines, premium lists, and suggested resources for projects can be found on PENpages, a computer-based information system maintained by the College of Agricultural Sciences. Check PENpages for meeting ideas, score sheets, and judging standards. Because new ideas can be added to PENpages quickly, you are assured of receiving up-to-date information.

Each county extension office has access to PENpages. If you have a home computer with a modem, you can access the system at home.

Members should have the use of a good, basic sewing book. Books and magazines may be checked out from your public library or requested through interlibrary loan. Videotapes and other media are available through Penn State Audio-Visual Services.

Some extension offices loan resource materials. You may also want to use county- developed projects in tandem with the textile science projects (such as a county embroidery project with the Stitch by Stitch project). Clothing and sewing programs on public television are also a good source of member and leader training.

4-H Leader's Notes:

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Closet Connections

Design — **Creative** — **Clothes Shopping**

Wardrobe Planning

	Design	Closet Connections	Wardrobe Planning	Shopping
SKILLS, CONCEPTS & TERMS	• Design elements and principles • Trims, folds, tucks, darts • Dye fabrics • Painting, applique, embroidery, quilting, or other handwork • Modifying pattern to create new garment or improve fit • Updating or recycling garment	• Organizing storage area • Decision making	• Fashion trends • Activity scan	• Ordering from catalog • Purchasing services from alterations shop • Purchasing garment made for you • Putting garment in layaway • Dry cleaning • Updating garments • Writing complaint or complimentary letter to company • Types of stores • Adjusting garment to increase wear • Helping someone make shopping purchase • Finding out how consignment store operates • Preparing and pricing clothing for rummage sale
IDEAS FOR PROJECTS	• Design garment or item	• Closet or storage aid • Display of improvements made	• Wardrobe inventory	• Create outfit involving at least two shopping purchases • Expand wardrobe by making two purchases

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